



2012 SOUTH AFRICAN SENIOR TOP 10

Compiled by DANIE CORNELIUS

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As at 7 June

i - indoors

h - hand time

OQ = Olympic Qualifying Standards - A/B

MEN

100 metres

					OQ 10.18/10.24			
10.06	1.8	Simon Magakwe	CNW	1sf3	University of Johannesburg	27-Apr	OQ A	
10.11	0.9	Magakwe	CNW	1	Port Elizabeth	14-Apr		
10.13	0.9	Magakwe	CNW	1sf3	Pretoria	4-May		
10.15	0.0	Magakwe	CNW	1	ABSA Tuks Pretoria	5-Apr		
10.20	0.9	Roscoe Engel	WP	060889	2	Port Elizabeth	14-Apr	OQ B
10.23	0.4	Hannes Dreyer	GN	1sf1	University of Johannesburg	27-Apr	OQ B	
10.29	2.0	Gideon Trotter	FS	03-03-92	2h3	Germiston	25-Feb	
10.35	2.0	Thuso Mpuang	FS	010384	4h3	Germiston	25-Feb	
10.35	-1.6	Siphello Ngqabaza	FS	u/20	1	Windhoek	28-Apr	
10.41	0.4	Waide Jooste	CG	2sf1	University of Johannesburg	27-Apr		
10.43	1.4	Tshegofatso Meshoe	NWN	1	ABSA Tuks Pretoria	4-Feb		
10.44	0.9	Rapula Sefanyetso	NWN	3	University of Johannesburg	27-Apr		
10.44	-0.1	Leigh Julius	EP	1h6	Pretoria	4-May		
10.45	2.0	Sergio Mullins	WP	120580	5h3	Germiston	25-Feb	

Wind

10.22	3.4	Gideon Trotter	FS	03-03-92	1h2	Germiston	30-Mar	
10.24	2.1	Anaso Jobodwana			1h2	Oxford, MS	14-Apr	

200 metres

						OQ 20.55/20.65		
20.32	1.4	Anaso Jobodwana			1h1	Oxford, MS	15-Apr	OQ A
20.38	-1.3	Simon Magakwe	CNW		1	Potchefstroom	24-Mar	OQ A
20.44	-0.4	Thuso Mpuang	FS	010384	1	Pretoria	5-May	OQ A
20.51	-1.3	Lebogang Moeng	CNW		3	Potchefstroom	24-Mar	OQ A
20.64	-0.4	Roscoe Engel	WP	060889	2	Pretoria	5-May	
20.87	1.7	Siphello Ngqabaza	FS	u/20	1	Windhoek	28-Apr	
20.90	-1.3	Sergio Mullins	WP	120580	5	Potchefstroom	24-Mar	
20.92	2.0	Tshegofatso Meshoe	GN		1h2	Germiston	25-Feb	
20.99	-1.1	Rapula Sefanyetso	NWN		3	ABSA Tuks Pretoria	20-Apr	
21.02	2.0	Gideon Trotter	FS	03-03-92	1h3	Germiston	25-Feb	
21.04	1.5	Patrick Vosloo	CG		1h2	Germiston	30-Mar	
21.10	1.5	Waide Jooste	CG		2	Germiston	30-Mar	

Wind

20.48	2.8	Anaso Jobodwana			2h2	Gainesville	6-Apr	
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400 metres

						OQ 45.30/45.90		
45.20		Oscar Pistorius	GN		1h3	ABSA Tuks Pretoria	17-Mar	OQ A
45.59		Ofentse Mogawane	GN		1	Pilditch	5-May	OQ B
45.75		Lebogang Moeng	CNW		1	Port Elizabeth	14-Apr	OQ B
45.81		Willie de Beer	GN		1	Potchefstroom	24-Mar	OQ B
45.97		Shaun de Jager	BOL		1	ABSA Tuks Pretoria	5-Apr	
46.06		Jacob Ramokoka	CNW		1	Germiston	18-Feb	
46.06		Jacques de Swardt	GN		2r1	Rhede	7-Jun	
46.32		Ruan Greyling	GN	u/20	3	Port Elizabeth	14-Apr	
46.39		Shane Victor	KZ	29-12-88	2	Potchefstroom	24-Mar	
46.40		Sibusiso Sishi	BOL		3	University of Johannesburg	27-Apr	
46.50		LJ van Zyl	GN		4	Potchefstroom	24-Mar	

46.53 Ranti Dikgale GN 3h1 Pretoria 4-May

800 metres

OQ 1:45.60/1:46.00

1:45.20	Andre Olivier	CNW	7	Hengelo	27-May	OQ A
1:45.78	Mbulaeni Mulaudzi	CG	1	Port Elizabeth	14-Apr	OQ B
1:46.36	Rynhardt van Rensburg	FS	3	Port Elizabeth	14-Apr	
1:46.92	Thapelo Madiba	CG	2	Potchefstroom	24-Mar	
1:47.37	Tlou Seloba	CG	4	Port Elizabeth	14-Apr	
1:47.62	Rikus Ras	GN	5	Port Elizabeth	14-Apr	
1:47.89	William Mothosola	FS	6	Port Elizabeth	14-Apr	
1:48.49	Johan Cronje	FS	1	University of Johannesburg	20-Apr	
1:48.51	Jacob Rozani	NWN	4	ABSA Tuks Pretoria	20-Apr	
1:48.77	Steven Mhlongo	CG	7	Port Elizabeth	14-Apr	

1500 metres

OQ 3:35.50/3:38.00

3:35.33	Johan Cronje	FS	3	Anhalt Dessau	25-May	OQ A
3:35.55	Juan van Deventer	CG	11	Hengelo	27-May	OQ B
3:36.56	Pieter vd Westhuizen	CG	2	Kingston	5-May	OQ B
3:37.45	vd Westhuizen	CG	8	Los Angeles	18-May	
3:38.61	vd Westhuizen	CG	1	Stellenbosch	24-Mar	
3:38.82	Jerry Matsau	CG	120390	Stellenbosch	24-Mar	
3:39.29	Johan Cronje	FS	1	Port Elizabeth	13-Apr	
3:40.19	Molefe Molefe	CG	3	Stellenbosch	24-Mar	
3:40.23	Olabogeng Masire	CNW	3	Port Elizabeth	13-Apr	
3:41.52	Jerry Motsau	CN	4	Port Elizabeth	13-Apr	
3:42.32	Abram Khumalo	CG	4	Stellenbosch	24-Mar	
3:42.47	Clinton Swanepoel	CG	12-04-89	Stellenbosch	24-Mar	
3:42.62	Andre Olivier	CNW	6	Stellenbosch	24-Mar	
3:44.55	Elroy Gelant	CNW	2	University of Johannesburg	27-Apr	
3:45.31	Sehohle Folavia	MP	7	Port Elizabeth	13-Apr	

1 mile

3:56.90		Pieter vd Westhuizen	CG		1	Kansas City	18-Apr
04:16.60	h	Tapsi Madiba			1	ABSA Tuks Pretoria	15-Feb
04:18.30	h	Moses Dirane			2	ABSA Tuks Pretoria	15-Feb
04:19.10	h	Solomon Bothlolo			3	ABSA Tuks Pretoria	15-Feb
04:19.80	h	Mpho Makofane			4	ABSA Tuks Pretoria	15-Feb

3000 metres

7:41.38		Elroy Gelant	CNW		6	Ostrava	25-May
7:48.64	i	Gelant	CNW		12	Istanbul	11-Mar
8:03.03		Olebang Masire	CNW		1	Potchefstroom	24-Mar
8:06.03		Kgosi Tsosane	CNW		2	Potchefstroom	24-Mar
8:07.54		Xilisa Tjali	CG		1	ABSA Tuks Pretoria	20-Apr
8:07.61		Dean Brummer	CN	150988	3	Potchefstroom	24-Mar
8:08.30		Jeromy Andreas	CG		2	ABSA Tuks Pretoria	20-Apr
8:09.82		Mbongeni Ngxazozo	CG		4	Potchefstroom	24-Mar
8:14.67		Molefe Molefe	CG		4	ABSA Tuks Pretoria	20-Apr
8:15.69		Joel Mmone	CNW		5	Potchefstroom	24-Mar
8:17.55		David Manja	CNW		7	Potchefstroom	24-Mar
8:19.14		Frik Guys	CG		5	ABSA Tuks Pretoria	20-Apr

5000 metres

13:24.50		Gladwin Mzazi	GN	280888	1	Stellenbosch	20-Mar	OQ B
13:25.98		Elroy Gelant	CNW		2	Stellenbosch	20-Mar	OQ B
13:29.08		Stephen Mokoka	GN	310185	2	Bellville	3-Mar	
13:44.80	h	Vincent Kutoane	CG		1	Germiston	14-Jan	
13:45.70	h	Sello Mokwena	CG		2	Germiston	14-Jan	
13:46.48		Mbongeni Ngxazozo	CG		4	Stellenbosch	20-Mar	
13:46.90	h	Vuyisile Tshoba	CG		3	Germiston	14-Jan	
13:46.96		Tsamane Setone	CG		3	Port Elizabeth	13-Apr	
13:47.60	h	Thabiso Mateba	CG		4	Germiston	14-Jan	
13:48.20	h	Clinton Swanepoel	CG		5	Germiston	14-Jan	

OQ 13:20.00/13:27.00

10 000 metres

27:40.73	Stephen Mokoka	GN		1	Port Elizabeth	13-Apr	OQ A
28:20.18	Gladwin Mzazi	GN	280888	2	Port Elizabeth	13-Apr	
28:29.20	Xolisa Tyali	CG		3	Port Elizabeth	13-Apr	
28:43.93	Mbongeni Ngxazozo	CG		4	Port Elizabeth	13-Apr	
28:48.75	Lungisa Mdedelwa	TRA		5	Port Elizabeth	13-Apr	
29:07.02	Elroy Gelant	CNW		1	University of Johannesburg	27-Mar	
29:20.22	Thobani Chagwe	KZN		6	Port Elizabeth	13-Apr	
29:23.48	Precious Masele	GN		7	Port Elizabeth	13-Apr	
29:42.99	Siyabulela Mtsha	TRA		8	Port Elizabeth	13-Apr	
29:46.39	Omphemetse Mothibi	NWN		9	Port Elizabeth	13-Apr	
30:12.14	Berneditis Moeng	GN		2	ABSA Tuks Pretoria	16-Mar	

OQ 27:45.00/28:05.00**3000 metres steeplechase**

8:24.28	Ruben Ramolefi	NC		11	Doha	11-May	OQ B
8:24.48	Ramolefi	NC		1	Port Elizabeth	14-Apr	
8:24.76	Tumelo Motlagale	CG		2	Port Elizabeth	14-Apr	OQ B
8:29.98	Dean Brummer	CNW	150988	4	Anhalt Dessau	25-May	OQ B
8:43.03	Edwin Molepo	CNW		4	Stellenbosch	20-Mar	
8:43.35	Khotatso Mokone			5	Stellenbosch	20-Mar	
8:48.51	Sibusiso Madikizela	CG	13-06-91	7	Stellenbosch	20-Mar	
8:49.69	Thuso Phaswane	BOL		8	Stellenbosch	20-Mar	
8:52.30	Lehlohonolo Ramokone	KZ		1	Durban	16-Mar	
8:52.57	Dikotsi Lekopa	CNW		9	Stellenbosch	20-Mar	
8:54.03	h Derocious Matehobalo	CG		6	Port Elizabeth	14-Apr	

OQ 8:23.10/8:32.00**110 metres hurdles**

13.64	-1.0	Lehann Fourie	GN		3	Montreuil	5-Jun
13.72	-0.4	Fourie	GN		1r2	Oordegem	2-May
13.80	0.0	Junior Mkhathini	CG	040191	1h2	University of Johannesburg	27-Apr
13.91	0.0	Ruan de Vries	GN		4r1	Anhalt Dessau	25-May
13.96	-0.1	de Vries	GN		1	Pretoria	5-May

OQ 13.52/13.60

14.04	1.6	Antonio Alkana	WP	2	Germiston	31-Mar
14.11	0.4	Werner Pretorius	GN	1	ABSA Tuks Pretoria	17-Mar
14.13	0.4	Kobus Moolman	GN	2	ABSA Tuks Pretoria	17-Mar
14.18	0.6	Louw Smit	BOL	2	University of Johannesburg	27-Apr
14.2	-0.1	Muntingh Hamman	GN	2	Pretoria	5-May
14.3	0.0	Tshepo Lefete	GN	2h2	University of Johannesburg	27-Apr
14.32	0.6	Emmanuel Paggis	FS	4	University of Johannesburg	27-Apr
14.64	1.8	Neil le Roux	BOL	5	Germiston	31-Mar
14.70	0.0	Gary Morris	BOL	3h3	University of Johannesburg	27-Apr

NWI

14.37		Andre Storm	CNW	1	Potchefstroom	6-Feb
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Wind

13.31	3.0	Lehann Fourie	GN	3	Gainesville	6-Apr
14.13	3.8	Louw Smit	BOL	1h1	University of Johannesburg	27-Apr
14.38	2.5	Tshepo Lefete	GN	2	ABSA Tuks Pretoria	25-Feb

400 metres hurdles

					OQ 49.50/49.80		
48.91		Cornel Fredericks	WP	1	Port Elizabeth	14-Apr	OQ A
49.42		LJ van Zyl	GN	1	ABSA Tuks Pretoria	5-Apr	OQ A
50.30		PC Beneke	GN	2h1	Pretoria	4-May	
50.83		Taariq Solomon	WP	u/20	ABSA Tuks Pretoria	5-Apr	
50.99		Le Roux Hamman	GN	1	Germiston	31-Mar	
51.31		Willem de Bruin	CG	3	University of Johannesburg	28-Apr	
51.34		Shaun van Wyk	CN	2	Germiston	31-Mar	
51.45		Bernard Pretorius	GN	4	Pretoria	5-May	
51.72		Faffa Retief	BOL	3	Germiston	31-Mar	
51.76		Rhodwin van Vuuren	CG	2h1	University of Johannesburg	27-Apr	
51.77		Schalk Burger	CN	1	Potchefstroom	17-Mar	

Technical error : 9 flights of hurdles

50.95		Le Roux Hamman	GN	1	ABSA Tuks Pretoria	16-Mar
52.06		Jurie Moolman	GN	2	ABSA Tuks Pretoria	16-Mar

High jump

2.18	Ruan Claasen	CG		1	ABSA Tuks Pretoria	20-Apr
2.16	Hubert de Beer	GN		1	Germiston	25-Feb
2.15	de Beer	GN		1	Potchefstroom	24-Mar
2.15	de Beer	GN		1	ABSA Tuks Pretoria	17-Mar
2.15	JVA Steytler	FS		1	ABSA Tuks Pretoria	5-Apr
2.15	Claasen	CG		1	Pretoria	5-May
2.15	de Beer	GN		2	Pretoria	5-May
2.13	Steytler	FS		2	Germiston	25-Feb
2.13	Claasen	CG		1	Germiston	31-Mar
2.13	Calvin-Lee Maelangwe	CG		2	University of Johannesburg	27-Apr
2.10	Craig Caniham	GN	u/20	1	ABSA Tuks Pretoria	2-Feb
2.10	Willem Voight	GN		2	Potchefstroom	24-Mar
2.10	JP vd Schyff	CNW		4	Potchefstroom	24-Mar
2.10	Keagan Fourie	BOL		3	ABSA Tuks Pretoria	5-Apr
2.07	Zavion Kotze	CG		dec	Port Elizabeth	13-Apr
2.05	Brandon Prinlsoo	CN		1	Potchefstroom	20-Feb
2.05	Ntandazo Mtshengu	KZN		1	Durban	10-Mar
2.05	Garth Ellis	EP		3	Germiston	31-Mar
2.05	Clyde Ruiters	WP	u/20	1	Germiston	31-Mar
2.05	Teboho Modise	GAU	u/20	3	Germiston	31-Mar

OQ 2.31/2.28**Pole vault**

5.30	Cheyne Rahme	CG		1	Potchefstroom	24-Mar
5.20	Rahme	CG		1	Stellenbosch	20-Mar
5.00	Eben Beukes	CG		2	Potchefstroom	24-Mar
4.90	Heinrich Smit	WP		1	Bellville	3-Mar
4.90	Ruaan van Wyk	BOL		2	Bellville	3-Mar
4.80	Miquael Cilliers	GN	u/20	1	Germiston	30-Mar
4.80	Armandt Lotter	FS	u/20	3	Port Elizabeth	13-Apr
4.70	Juan de Swardt	BOL	u/20	2	Germiston	30-Mar
4.63	Willem Coertzen	CNW		dec	Port Elizabeth	14-Apr
4.60	Fabio Grunet	FS	u/18	1	Germiston	29-Mar

OQ 5.72/5.60

4.55		Riaan Botha	GN		2	Pretoria	4-May
4.50		Waldo van Staden	GN		dec	ABSA Tuks Pretoria	17-Mar
4.50		Neil le Roux	FS	u/18	2	Germiston	29-Mar
4.50		Samuel Pellissier	FS		3	University of Johannesburg	27-Apr

Long jump

						OQ 8.20/8.10	
8.29	0.0	Godfrey Mokoena	GN		1	ABSA Tuks Pretoria	20-Apr OQ A
8.20	0.7	Mokoena	GN		2	Rome	31-May
8.15	0.8	Zark Visser	CG	150989	1	Pretoria	4-May OQ B
8.12	-0.8	Visser	CG	150989	1	Rhede	7-Jun
8.11	0.0	Visser	CG	150989	1	University of Johannesburg	27-Apr
8.10	0.9	Mokoena	GN		2	Doha	11-May
8.06	1.2	Visser	CG	150989	1	Anhalt Dessau	25-May
8.06	0.4	Visser	CG	150989	1	Germiston	18-Feb
8.04	i	Mokoena	GN		2	Moskva	5-Feb
8.00	1.1	Luvo Manyonga	BOL		1	Stellenbosch	24-Mar
7.96	-1.2	Visser	CG		1	Germiston	25-Feb
7.95	-0.8	Visser	CG		2	Stellenbosch	24-Mar
7.94	0.8	Ruswahl Samaai	CG		1	Germiston	30-Mar
7.68	1.7	Duwayne Boer	GN	06-01-95	1	Germiston	29-Mar
7.68	0.3	Mpho Maphutha	GN		2	ABSA Tuks Pretoria	20-Apr
7.61	-1.2	Roelf Pienaar	BOL	231293	2	Germiston	25-Feb
7.60	-1.2	Keenon Watson	WP		3	Germiston	25-Feb
7.59	0.6	Francois Coetzee	GN		2	Pretoria	4-May
7.55	0.0	Thumelo Thagane	CNW		6	University of Johannesburg	27-Apr
7.54	0.8	Yaw Fosu Amoah	GN		1	ABSA Tuks Pretoria	1-Mar

Wind

8.21	2.2	Zark Visser	CG	150989	1	Port Elizabeth	13-Apr
7.48	2.6	Eddy Madibo	GN		5	Port Elizabeth	13-Apr

Triple jump

						OQ 17.20/16.85	
16.71	1.2	Tumelo Thagane	CNW		1	Potchefstroom	24-Mar

16.57	1.1	Thagane	CNW		1	Germiston	25-Feb
16.52	0.3	Thagane	CNW		1	ABSA Tuks Pretoria	20-Apr
16.28	1.1	Charles le Roux	GN		2	Germiston	25-Feb
16.24	1.3	Jason Sewanyana	WP		2	Potchefstroom	24-Mar
16.06	-1.3	Apelele Rasmeni	CG		1	Germiston	18-Feb
15.79	0.9	Ruswahl Samaai	CG		4	University of Johannesburg	30-Mar
15.38	0.0	Albert Jankie	GN	u/20	5	ABSA Tuks Pretoria	20-Apr
15.32	1.6	Reneilwe Aphane	GN		1	Stanford	6-Apr
15.23	0.9	Neo Marie	CG		3	Germiston	18-Mar
15.21	-1.5	Lorenzo Gordon	WC	u/18	1	Germiston	31-Mar
14.91	1.5	Vuyani Henry	WP		1	Belville	10-Mar

Wind

16.34	3.3	Charles le Roux	GN		1	ABSA Tuks Pretoria	17-Mar
15.59	2.1	Reneilwe Aphane			1	Sacramento	12-Apr
14.92	2.2	Lindokhule Mateyisi	KZN		1	Durban	10-Mar

Shot put

						OQ 20.50/20.00		
20.12		Burger Lambrechts	GN		1	Germiston	25-Feb	OQ B
19.88		Lambrechts	GN		1	Germiston	18-Feb	
19.76		Orazio Cremona	GN		2	Germiston	18-Feb	
19.75		Jaco Engelbrecht	CG		1	ABSA Tuks Pretoria	20-Apr	
19.71		Lambrechts	GN		1	ABSA Tuks Pretoria	4-Feb	
18.88		Ross Jordaan	CN		4	Port Elizabeth	13-Apr	
18.28		Donovan Snyman	CG		4	Germiston	25-Feb	
17.29		Dean Wattrus	CN		6	Port Elizabeth	13-Apr	
17.05		Nico Grobler	GN		5	ABSA Tuks Pretoria	20-Apr	
16.84		Donovan Stebbing	CG		1	Germiston	18-Mar	
16.29		Johnny Botha	CG		7	Germiston	18-Feb	
16.18		Dewald Moolman	CG		3	Potchefstroom	17-Mar	

Discus

						OQ 65.00/63.00		
62.76		Victor Hogan	FS		3	Bilbao	6-Mar	
61.42		Hogan	FS		1	ABSA Tuks Pretoria	20-Apr	

61.16	Hogan	FS		1	Port Elizabeth	14-Apr
60.53	Hogan	FS		1	Bloemfontein	30-Jan
60.35	Hogan	FS		1	Oordegem	26-May
58.84	Russel Tucker	GN		2	Stellenbosch	24-Mar
56.69	Donovan Snyman	CG		3	Pretoria	5-May
56.46	Dean Watrus	CN		3	Port Elizabeth	14-Apr
55.63	Wynand Coetzee	CG		5	Port Elizabeth	14-Apr
54.95	Jaco Engelbrecht	CG	080387	6	Port Elizabeth	14-Apr
54.82	Dewald van Heerden	CG		2	Germiston	30-Mar
54.71	Orazio Cremona	GN		1	University of Johannesburg	1-Mar
54.25	Dewald Moolman	CG	080788	2	Potchefstroom	17-Mar
53.46	Charl Grobler	GN		9	Port Elizabeth	14-Apr

Hammer

OQ 78.00/74.00

75.55	Chris Harmse	FS		1	Pretoria	4-May	OQ B
70.41	Harmse	FS		1	Port Elizabeth	13-Apr	
69.49	Harmse	FS		1	Germiston	25-Feb	
68.41	Harmse	FS		1	Bellville	3-Mar	
65.11	Cristiaan Bekker	CG		2	Port Elizabeth	13-Apr	
64.47	Johan Kruger	BOL		3	Port Elizabeth	13-Apr	
63.47	Renaldo Frechou	BOL		1	University of Johannesburg	28-Apr	
61.15	Donovan Stebbing	CG		2	University of Johannesburg	28-Apr	
58.75	Thehann van Niekerk	CN		1	Potchefstroom	20-Feb	
57.78	Martin Venter	GN		2	Pretoria	4-May	
56.99	Micqel le Roux	WP		1	Bellville	10-Mar	
56.00	Stiaan Minnie	EP		6	Germiston	25-Feb	
55.78	Lodewalt Venter	CN		5	Pretoria	4-May	

Javelin

OQ 82.00/79.50

77.08	Jason Henning	CN	130890	1	ABSA Tuks Pretoria	20-Apr
76.32	Robert Oosthuizen	BOL		1	Port Elizabeth	13-Apr
76.12	Henning	CN	130890	2	Port Elizabeth	13-Apr

75.91	Ruan Erasmus	CNW	u/20	1	Potchefstroom	25-Jan
75.08	Morne Moolman	WP	u/20	1	Potchefstroom	24-Mar
73.96	Tobie Holtzhausen	CNW		1	Potchefstroom	17-Mar
73.51	Bernard Crause	CNW		2	University of Johannesburg	28-Apr
72.53	Hardus Pienaar	CNW		3	Potchefstroom	17-Mar
71.53	Malan Snyman	CNW		2	ABSA Tuks Pretoria	20-Apr
71.36	Rocco van Rooyen	WP	231292	2	Pretoria	5-May
68.76	Nico Liebenberg	GN		1	ABSA Tuks Pretoria	17-Mar
68.10	Pieter Kriel	CNW		4	Potchefstroom	5-Mar

1 Mile Walk

06:10.77	Wayne Snyman	GN		1	ABSA Tuks Pretoria	16-Feb
06:17.08	Marc Mundell	GN		1	ABSA Tuks Pretoria	4-Feb
06:31.42	Sipho Mahlangu	GN		2	ABSA Tuks Pretoria	16-Feb
06:35.88	Lewis Molise	GN		3	ABSA Tuks Pretoria	16-Feb
06:45.02	Thame Hlatswayo	GN		4	ABSA Tuks Pretoria	16-Feb
07:34.51	Jacques Faure	GN		4	ABSA Tuks Pretoria	4-Feb
08:01.77	Siyanda Plaatjies	GN		5	ABSA Tuks Pretoria	16-Feb
08:16.87	Marius Bosman	GN		6	ABSA Tuks Pretoria	16-Feb

3km Walk

11:40.2	Pierre de Villiers	CGA		1	Germiston	25-Feb
11:56.20	Wayne Snyman	GN		2	Germiston	25-Feb
13:10.30	Sipho Mahlangu	GN		3	Germiston	25-Feb
13:10.7	Mdudadzi Mavundla	CGA		4	Germiston	25-Feb
13:55.29	Ruan Wessels	CN		1	Potchefstroom	20-Feb
14:13.4	Jacques Faure	GN		5	Germiston	25-Feb
14:50.9	Reggie Hufkie	CGA		6	Germiston	25-Feb
14:57.80	Alex Foster	CGA	u20	1	ABSA Tuks Pretoria	15-Feb
14:59.11	Chris Brits	GN		3	ABSA Tuks Pretoria	21-Jan
15:36.60	Ntoane Ntoane	CGA		2	Germiston	18-Feb
15:46.35	Francois Oosthuizen	GN		4	ABSA Tuks Pretoria	21-Jan

16:02.87	Emmanuel Mlalanille	WP	93	1h2	Bellville	15-Feb
16:25.10	Pierre Vermaak	CGA	010498	7	Germiston	25-Feb
16:26.79	Sheldon George	CN		2h2	Potchefstroom	20-Feb
16:40.07	Marius Bosman	GN		5	ABSA Tuks Pretoria	21-Jan

5km Walk

20:23.11	Lebogang Shange	GN		1	Potchefstroom	24-Mar
20:29.44	Wayne Snyman	GN		1	ABSA Tuks Pretoria	20-Apr
20:35.08	Pierre de Villiers	CG		2	Potchefstroom	24-Mar
21:04.21	Marc Mundell	GN		3	Potchefstroom	24-Mar
22:28.82	Sipho Mahlangu	GN		2	ABSA Tuks Pretoria	20-Apr
22:36.73	Thami Hlatswayo	GN		4	Potchefstroom	24-Mar
23:17.29	Ross McDonald	WP		1	Bellville	17-Mar
23:29.33	Jacques Faure	GN		3	ABSA Tuks Pretoria	20-Apr
23:34.11	Mfana Mbatha	CG		4	ABSA Tuks Pretoria	20-Apr
23:34.98	Sanele Mathonsi	CG		5	ABSA Tuks Pretoria	20-Apr

10km Walk

43:14.22	Lebegang Shange	GN		1	ABSA Tuks Pretoria	16-Mar
43:44.41	Marc Mundell	GN		1	Pretoria	5-May
45:36.45	Thami Hlatswayo	GN		2	ABSA Tuks Pretoria	16-Mar
45:37.00	Sipho Mahlangu	GN		3	ABSA Tuks Pretoria	16-Mar
45:54.18	Pierre de Villiers	CG		2	Pretoria	5-May
47:26.20	Mduduzi Mavundla	CG		1	Germiston	18-Mar
50:42.30	Mzwaki Mvundla	GAU		1	Germiston	29-Mar
51:36.75	Mfana Mbatha	CG		3	Pretoria	5-May
51:38.79	Jacques Faure	GN		4	ABSA Tuks Pretoria	16-Mar
52:06.99	Ntoane Ntoane	CG		1	Germiston	18-Feb
52:17.00	Pieter Vorster	WP		1	Youngsfield	21-Mar
52:21.90	Alex Foster	BOL		1	Paarl	3-Mar
52:33.38	Jean-Jacques Galant	BOL		2	Paarl	3-Mar
52:58.00	Teboho Nkobo	FS		2	Germiston	29-Mar
53:19.76	Ghanton Ceasar	BOL		3	Paarl	3-Mar

53:33.75		Suyanda Plaatjies	GN		5	ABSA Tuks Pretoria	16-Mar
53:53.59		Luthando Zide	BOL		4	Paarl	3-Mar

20km Walk

1:25:48		Lebogang Shange	GN		1	Port Elizabeth	14-Apr
1:25:51		Pierre de Villiers	CG		2	Port Elizabeth	14-Apr
1:26:08		Wayne Snyman	GN		3	Port Elizabeth	14-Apr
1:26:35		Marc Mundell	GN		4	Port Elizabeth	14-Apr
1:27:41		Armond Nel	SWD		5	Port Elizabeth	14-Apr
1:29:19		Thami Hlatswayo	GN		6	Port Elizabeth	14-Apr
1:33:13		Sipho Mahlangu	GN		7	Port Elizabeth	14-Apr
1:34:41		Lewis Mojalefa	TRA		8	Port Elizabeth	14-Apr
1:36:44		Sanele Mathonsi	CG		9	Port Elizabeth	14-Apr
1:37:42		Mfana Mbatha	CG		10	Port Elizabeth	14-Apr

OQ 1:22:30/1:24:30

50km Walk

3:57:57		Marc Mundell	GN		26	Saransk	13-May	OQ A
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OQ 3:59:00/4:09:00

WOMEN

100 metres

11.49	1.6	Tsholofelo Thipe	NWN		1sf2	Port Elizabeth	13-Apr
11.56	1.2	Thipe	NWN		1	Port Elizabeth	14-Apr
11.58	1.2	Cherise Jones	GN		2	Port Elizabeth	14-Apr
11.65	1.9	Phillippa vd Merwe	NC	u/20	1h3	Germiston	29-Mar
11.69	0.6	Cindy Stewart	EP		2	Pretoria	4-May
11.72	0.6	Carina Horn	GN	090389	4	Pretoria	4-May
11.73	1.6	Melissa Hewitt	CNW		1h2	Germiston	30-Mar
11.76	1.1	Rorisang Ramonnga	NWN		2	Potchefstroom	17-Mar
11.78	1.5	Nabeelah Parker	WP		1	Bellville	10-Mar
11.79	1.9	Bernice Roman	WP		1h3	University of Johannesburg	27-Mar
11.79	1.9	Zanri van der Merwe	GN	14-05-93	1h2	Windhoek	28-Apr

OQ 11.29/11.38

11.84	1.1	Elzette Buys	GN		2sf3	University of Johannesburg	27-Apr
Wind							
11.61	2.4	Melissa Hewitt	CNW		1	Germiston	31-Mar
11.66	2.7	Rorisang Ramonnga	CNW		1h1	Germiston	30-Mar
11.66	2.4	Sonja van der Merwe	WP	91	2	Germiston	31-Mar
11.72	2.4	Elzette Buys	GN		3	Germiston	31-Mar
11.81	3.7	Tamzin Thomas	WC	u/16	1h1	Germiston	29-Mar
11.71	2.3	Zanri van der Merwe	GN	14-05-93	1	Windhoek	28-Apr

200 metres

OQ 23.10/23.30

22.89	0.0	Tsholofelo Thipe	NWN		1	Potchefstroom	24-Mar	OQ A
23.22	0.0	Justine Palframan	KZ		2	Potchefstroom	24-Mar	OQ B
23.58	-1.1	Sonja van der Merwe	WP	190592	2	ABSA Tuks Pretoria	20-Apr	
23.61	0.0	Carina Horn	GN	090389	4	Potchefstroom	24-Mar	
23.70	1.2	Melissa Hewitt	CNW		1	University of Johannesburg	28-Apr	
23.74	0.0	Isabel le Roux	GN		5	Potchefstroom	24-Mar	
23.80	0.4	Estie Wittstock	GN		3	Floro	2-Jun	
23.89	1.2	Elzette Buys	GN		2	University of Johannesburg	28-Apr	
23.94	1.2	Cherise Jones	GN		3	University of Johannesburg	28-Apr	
24.03	1.0	Bevin Smith	CG		4	University of Johannesburg	28-Apr	
24.10	1.1	Chante van Tonder	CG		1	Windhoek	28-Apr	
24.19	1.3	Liezl Hechter	CNW	u/20	1sf2	Germiston	31-Mar	
24.26	0.5	Allysa Conley	CG		1sf3	University of Johannesburg	28-Apr	
24.31	0.4	Arista Hefer	CNW		6	Pretoria	5-May	
24.34	1.4	Ansulet Potgieter	FS		1h2	Germiston	30-Mar	

NWI

23.76		Rorisang Ramonnga	CNW		2	Potchefstroom	17-Mar	
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400 metres

OQ 51.55/52.35

51.52		Tsholofelo Thipe	NWN		1	ABSA Tuks Pretoria	5-Apr	OQ A
51.61		Rorisang Ramonnga	CNW		1	Potchefstroom	24-Mar	OQ B
51.98		Ramonnga	CNW		1	Stellenbosch	20-Mar	OQ B

52.33	Justine Palframan	KZ		1	Port Elizabeth	14-Apr
52.69	Estie Wittstock	GN		3	Pilditch	5-Apr
52.75	Sonja van der Merwe	WP		2	ABSA Tuks Pretoria	5-Apr
53.32	Alet van Wyk	WP		3	Port Elizabeth	14-Apr
53.41	Wenda Theron	GN		1	ABSA Tuks Pretoria	16-Feb
53.43	Anneri Ebersohn	GN		2	ABSA Tuks Pretoria	17-Mar
53.62	Caster Semenya	GN		1h3	Bellville	3-Mar

800 metres

1:59.58	Caster Semenya	GN		1	ABSA Tuks Pretoria	20-Apr	OQ A
2:02.57	Monique Stander	GN	u/18	2	ABSA Tuks Pretoria	20-Apr	
2:04.36	Mandie Brandt	CG		2	Port Elizabeth	14-Apr	
2:04.77	Mapaseka Makhanya	CG		3	ABSA Tuks Pretoria	20-Apr	
2:05.57	Anuscha Nice	GN		2	Germiston	25-Feb	
2:05.58	Lebo Phalula	CG		3	Potchefstroom	24-Mar	
2:05.78	Thato Makhafola	GN		3	Port Elizabeth	14-Apr	
2:07.37	Tsholofelo Thipe	NWN		1	ABSA Tuks Pretoria	4-Feb	
2:09.19	Lize Strydom	GN		7	Potchefstroom	24-Mar	
2:09.24	Sunel Jacobs	BOL		5	Port Elizabeth	14-Apr	

1500 metres

4:12.01	Mapaseka Makhanya	CG	09-04-84	1	Rehlingen	28-May
4:12.84	Makhanya	CG	09-04-84	1	Port Elizabeth	13-Apr
4:15.22	Lebogang Phalula	CG	091283	2	Port Elizabeth	13-Apr
4:15.45	Monique Stander	CG	u/18	3	Port Elizabeth	13-Apr
4:16.50	Lebo Phalula	CG		1	Stellenbosch	24-Mar
4:19.31	Maxine Heine-Wacker	CG	270490	2	Stellenbosch	24-Mar
4:20.54	Violet Raseboya	CG	190286	3	Stellenbosch	24-Mar
4:25.01	Danel Prinsloo	FS		5	Stellenbosch	24-Mar
4:25.91	Mandie Brandt	GN		1	University of Johannesburg	27-Mar
4:29.14	Nolene Conrad	CG		7	Port Elizabeth	14-Apr
4:30.96	Christine Kalmer	CG		4	Bellville	3-Mar

3000m

9:27.54		Irvette van Blerk	CG		1	Potchefstroom	24-Mar
9:38.33		Nolene Conrad	CG		1	ABSA Tuks Pretoria	5-Apr
9:41.70	i	Dominique Scott			2	Fayetteville	11-Feb
9:48.44		Violet Raseboya	CG	190286	3	Potchefstroom	24-Mar
9:52.89		Myrette Filmatter	GN		2	ABSA Tuks Pretoria	5-Apr
10:01.66		Zani Kruger	WP		3	ABSA Tuks Pretoria	5-Apr
10:08.60		Christine Kalmer	CG		4	Potchefstroom	24-Mar
10:16.46		Rosselyn Lawrence	CNW		6	Potchefstroom	24-Mar
10:22.52		Anneke Gildenhuis	FS		5	ABSA Tuks Pretoria	5-Apr
10:22.67		Zandile Hadebe	CG		3	Germiston	31-Mar
10:30.11		Leanda de Bruin	WP		6	ABSA Tuks Pretoria	5-Apr
10:30.39		Ebeth Marais	WP		1	Bellville	28-Jan
10:34.68		Tshegofatso Sethakgoe	GN		1	ABSA Tuks Pretoria	16-Mar
10:34.79		Khonzeni Gwegwa	EC		5	Germiston	31-Mar
10:41.36		Kyla van Graan	GN		6	Germiston	31-Mar

5000 metres

15:55.05		Rene Kalmer	CG		1	Port Elizabeth	13-Apr
15:57.92		Nolene Conrad	CG		8	Montreuil	5-Jun
16:12.69		Dominique Scott			6	Walnut	20-Apr
16:25.89		Irvette van Blerk	CG		2	Port Elizabeth	13-Apr
16:42.40		Zintle Xiniwe	WP		1	Bellville	3-Mar
16:45.40		Mpho Mabuza	CG		3	Port Elizabeth	13-Apr
16:56.04		Nandipha Dywili	GN		4	Port Elizabeth	13-Apr
17:18.33		Miriam Thole	GN		1	ABSA Tuks Pretoria	25-Feb
17:18.33		Christine Kalmer	CG		5	Port Elizabeth	13-Apr
17:30.59		Ntombi Mfunzi	EP		3	Germiston	25-Feb
17:33.84		Ashleigh Schnetler	CG	020691	1	Germiston	31-Mar
17:20.78		Sylvia Tshetlanyae	CG		7	Port Elizabeth	13-Apr

OQ 15:20.00/15:30.00

10 000 metres

33:54.95	Dominique Scott			6rb
35:33.46	Mpho Mabuza	CG		1
36:13.84	Portia Ngwenya	GN		2
37:03.12	Anna Moeketsi	FS		3
38:10.43	Prudence Zwane	GN		4
38:36.70	Maryna Swanepoel	FS		5
39:15.75	Puseletso Dladla	KZ	25-01-91	6
39:42.84	Makhosi Mhlongo	KZ	03-01-82	1
40:52.05	Nontokozo Mkhizi	KZ	17-07-92	2
41:11.3	Funeka Mlwakuhle	TRA		7
42:01.17	Mbali Mokoena	KZ	02-09-93	1

OQ 31:45.00/32:10.00

Stanford	6-Apr
Port Elizabeth	14-Apr
Port Elizabeth	14-Apr
Port Elizabeth	14-Apr
Port Elizabeth	14-Apr
Port Elizabeth	14-Apr
Port Elizabeth	14-Apr
Durban	28-Jan
Durban	16-Mar
Port Elizabeth	14-Apr
Durban	28-Jan

3000 metres steeplechase

9:54.42	Nolene Conrad	CG		3
10:07.22	Conrad	CG		1
10:12.12	Thebogo Masehla	CG		1
10:14.50	Myrette Filmalter	GN		2
10:38.19	Ashleigh Schnetler	CG	020691	2
11:05.85	Christine Kalmer	GN	100286	5
11:13.25	Thembi Baloyi	GN	070189	4
11:20.64	Anneke Gildenhuys	FS		6
11:24.30	Anneli Kloppers	BOL		3
11:39.04	Lauren Venter	CG		1
11:40.75	Moroesi Mohapi	GAU		1

OQ 9:43.00/9:48.00

Oordegem	26-May
Stellenbosch	24-Mar
Port Elizabeth	14-Apr
Port Elizabeth	14-Apr
Stellenbosch	24-Mar
Port Elizabeth	14-Apr
University of Johannesburg	27-Apr
Port Elizabeth	14-Apr
Stellenbosch	24-Mar
Germiston	17-Mar
Germiston	29-Mar

100 metres hurdles

13.65	-0.8	Claudia Viljoen	GN	1
13.68	-0.8	Ansulet Potgieter	FS	2
13.79	-0.4	Erika Kleynhans	GN	1
13.81	0.8	Kayla Gilbert	CG	1
13.86	0.3	Janet Lawless	BOL	3

OQ 12.96/13.15

University of Johannesburg	27-Apr
University of Johannesburg	27-Apr
Pretoria	5-May
Germiston	25-Feb
Port Elizabeth	14-Apr

14.03	1.2	Jean-Mare Senekal	BOL		2h3	University of Johannesburg	27-Apr
14.20	1.2	Carli Gey von Pittius	BOL		3h3	University of Johannesburg	27-Apr
14.25	1.3	Maryke Brits	BOL	u/20	1h1	Germiston	29-Mar
14.33	1.3	Liriska Botha	FS	u/20	2h1	Germiston	29-Mar
14.35	1.2	Steffi van Wyk	FS		4h3	University of Johannesburg	27-Apr
14.46	0.0	Shani Bodenstein	GN	u/20	1	ABSA Tuks Pretoria	17-Mar
14.51	1.3	Tanya van den Berg	WP		3h1	Germiston	29-Mar

NWI

14.93		Bianca Erwee	CNW		1	Potchefstroom	5-Mar
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Wind

13.63	4.3	Ansulet Potgieter	FS		1h2	University of Johannesburg	27-Mar
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400 metres hurdles

OQ 55.50/65.65

55.36		Wenda Theron	GN	300688	1	Pretoria	5-May	OQ A
55.37		Theron	GN	300688	1h1	Pretoria	4-May	
55.79		Theron	GN	300688	1	Port Elizabeth	14-Apr	
56.05		Theron	GN	300688	1	ABSA Tuks Pretoria	20-Apr	
56.16		Janet Lawless	BOL		6r1	Geneve	2-May	OQ B
56.25		Theron	GN	300688	1	Stellenbosch	20-Mar	
57.11		Anneri Ebersohn	GN		2	University of Johannesburg	28-Apr	
58.65		Ane Fourie	WP	u/20	1	Windhoek	28-Apr	
58.78		Jana Theron	CNW		2	ABSA Tuks Pretoria	5-Apr	
58.94		Jean-Marie Senekal	BOL	11-12-92	3	ABSA Tuks Pretoria	5-Apr	
59.09		Izelle Nieuhoff	VT		2	Windhoek	28-Apr	
59.94		Helene Swanepoel	BOL	u/18	1	Germiston	31-Mar	
60.82		D'Jane Kriedemann	GAU	u/18	2	Germiston	31-Mar	
60.96		Marina Swanepoel	WP		2	ABSA Tuks Pretoria	15-Feb	
61.04		Marli Spies	GN		5	University of Johannesburg	28-Apr	
61.34		Ilse Moolman	GAU	u/20	2	Germiston	31-Mar	

High jump

OQ 1.95/1.92

1.90		Anika Smit	CNW		1	Port Elizabeth	24-Mar
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1.89		Smit	CNW		1	Potchefstroom	24-Mar
1.88		Julia du Plessis	CG	u/18	1	Germiston	31-Mar
1.86		du Plessis	CG	u/18	2	Potchefstroom	24-Mar
1.85		du Plessis	CG	u/18	1	Bellville	3-Mar
1.82		Bianca Erwee	CNW		hept	Port Elizabeth	13-Apr
1.78		du Plessis	CG		1	ABSA Tuks Pretoria	15-Feb
1.77		Mia Labuschagne	WP		2	ABSA Tuks Pretoria	5-Apr
1.76		Leandri Botha	FS		4	Bellville	3-Mar
1.76		Janette Siebert	FS		3	Bellville	3-Mar
1.75		Chane Lindner	CNW		2	Potchefstroom	17-Mar
1.75		Merike Smuts	GN		3	University of Johannesburg	28-Apr
1.73		Karla Brown	BOL		5	Bellville	3-Mar
1.73		Berne Krugel	GN		3	ABSA Tuks Pretoria	17-Mar

Pole vault

						OQ 4.50/4.40	
3.60		Juanita Stander	WP	90	1	Stellenbosch	24-Mar
3.60		Honorata Saar	WP		2	Stellenbosch	24-Mar
3.60		Deone Joubert	GN		1	Port Elizabeth	13-Apr
3.60		Jeannie van Wyk	EP		2	Port Elizabeth	13-Apr
3.60		Danielle Labuschagne	GN		2	ABSA Tuks Pretoria	20-Apr
3.50		Jameson Colin	BOL		4	Stellenbosch	24-Mar
3.50		Mar-Lezê Vos	FS		3	Port Elizabeth	13-Apr
3.40		Nadia Giliomee	BOL		5	Port Elizabeth	13-Apr
3.30		Mariska Smit	BOL		2	Germiston	29-Mar
3.20		Kulthoom Gaidien	WP		4	Germiston	29-Mar
3.10		Kaitlyn Sparks	BOL		1	Paarl	3-Mar

Long jump

						OQ 6.75/6.65	
6.60	0.8	Patience Ntshingila	CNW		1	Port Elizabeth	13-Apr
6.55	1.1	Ntshingila	CNW		1	University of Johannesburg	28-Apr
6.55	0.4	Janice Josephs	BOL	310382	1	Pretoria	4-May
6.37	1.0	Lynique Prinsloo	GN		3	Port Elizabeth	13-Apr
6.28	0.5	Zanri van de Merwe	GN		3	Pretoria	4-May

6.25	0.8	Carla Marais	GN	101287	2	Port Elizabeth	13-Apr
6.22	0.4	Monja Goosen	GN		6	Rhede	7-Jun
6.20	-0.1	Nicholeen McClaren	MP		1	Germiston	31-Mar
6.19	0.2	Bianca Erwee	CN	040390	2	Germiston	31-Mar
6.15	1.9	Janet Seeliger	GN	u/18	4	Pretoria	4-May
6.15	1.3	Maryke Brits	BOL	u/20	5	Pretoria	4-May
6.09	-0.1	Kelly Kingwell	CG		2	University of Johannesburg	28-Apr
6.05	0.0	Birdie Carstens	BOL		3	ABSA Tuks Pretoria	5-Apr
6.03	1.5	Kayla Gilbert	CG		1	Germiston	18-Feb
6.02	-0.3	Samantha Pretorius	WP	030292	2	Stellenbosch	24-Mar

NWI

6.42		Monja Goosen	GN		1	ABSA Tuks Pretoria	25-Feb
6.26		Patience Ntshingila	CNW		1	Potchefstroom	17-Mar
6.10		Kayla Gilbert	CG		1	ABSA Tuks Pretoria	21-Jan
5.96		Bianca Erwee	CNW		2	Potchefstroom	17-Mar

Wind

6.40	2.5	Carla Marais	GN	101287	2	Port Elizabeth	13-Apr
6.29	4.3	Zanri van de Merwe	GN		1	Windhoek	28-Apr
6.24	3.5	Janet Seeliger	GN	u/18	2	Windhoek	28-Apr
6.10	3.4	Samantha Pretorius	WP	030292	7	Port Elizabeth	13-Mar

Triple jump

13.89	0.6	Patience Ntshingila	CNW		1	Potchefstroom	24-Mar
13.70	-0.3	Charlene Potgieter	GN		2	Potchefstroom	24-Mar
13.62	0.8	Potgieter	GN		3	Rhede	7-Jun
13.61	1.0	Potgieter	GN		1	Germiston	25-Feb
13.27	1.6	Matsi Dikotla	GN		3	Germiston	25-Feb
13.23	1.0	Kelly Kingwell	CG		1	Germiston	30-Mar
12.74	1.7	Valentina da Rocha	WP		1	Germiston	29-Mar
12.44	0.2	Luchelle Prinsloo	CG		3	University of Johannesburg	27-Apr
11.86	0.2	Manzimase Sishi	BOL		4	University of Johannesburg	27-Apr
11.77	-0.2	Karla Muller	CNW		5	Potchefstroom	24-Mar
11.75	-0.8	Danielle Erwee	FS		5	University of Johannesburg	27-Apr

OQ 14.30/14.10

11.50	-2.8	Nicole Dirk	WP		6	University of Johannesburg	27-Apr
NWI							
13.55		Patience Ntshingila	CNW		1	Potchefstroom	17-Mar
Wind							
13.77	2.1	Charlene Potgieter	GN		2	Potchefstroom	24-Mar
Shot						OQ 18.30/17.20	
15.58		Sonia Smuts	GN		1	Pretoria	4-May
15.37		Smuts	GN		1	ABSA Tuks Pretoria	4-Feb
15.30		Smuts	GN		1	ABSA Tuks Pretoria	5-Apr
15.16		Smuts	GN		1	ABSA Tuks Pretoria	1-Mar
15.09		Smuts	GN		1	Port Elizabeth	13-Apr
14.90		Lezaan Jordaan	CG		2	Pretoria	4-May
14.72		Bianca van Rooyen	CG		2	Port Elizabeth	13-Apr
14.44		Geraldine Duvenhage			3	Pretoria	4-May
14.28		Sonika Knoetze	GN		hept	ABSA Tuks Pretoria	16-Mar
13.98		Ischke Senekal	EP	08-01-93	5	Port Elizabeth	13-Apr
13.45		Eunice Olevano	FS		3	ABSA Tuks Pretoria	5-Apr
13.35		Cecile Meyer	EC	u/20	7	Port Elizabeth	13-Apr
13.31		Maryke Oberholzer	GN		5	University of Johannesburg	27-Apr
13.26		Justine Robbeson	CNW		4	ABSA Tuks Pretoria	5-Apr
Discus						OQ 62.00/59.50	
58.97		Elizna Naude	GN		1	Potchefstroom	24-Mar
58.13		Naude	GN		1	Stellenbosch	20-Mar
56.91		Naude	GN		1	Port Elizabeth	14-Apr
56.45		Naude	GN		1	ABSA Tuks Pretoria	4-Feb
55.09		Maryke Oberholzer	GN		2	Port Elizabeth	14-Apr
50.99		Ischke Senekal	EP	08-01-93	3	Port Elizabeth	14-Apr
49.53		Simone Meyer	GN	22-03-93	4	Port Elizabeth	14-Apr
47.76		Geraldine Duvenhage			5	Pretoria	5-May
45.12		Sonja Smuts	GN		6	ABSA Tuks Pretoria	20-Apr
44.59		Bianca Conradie	KZ	20-12-96	1	Durban	16-Mar

44.27	Eunice Olevano	FS		8	Port Elizabeth	14-Apr
44.07	Marga Vermaak	GN		6	Pretoria	5-May
43.57	Somari Els	GN	u/18	2	Germiston	29-Mar
43.18	Leandri Geel	CG	u/16	1	Germiston	29-Mar

Hammer

					OQ 71.50/69.00	
57.19	Annemie Smith			2	Cedar Falls	4-May
55.16	Smith			6	Baton Rouge	8-Apr
52.81	Charne Coetzee			2	ABSA Tuks Pretoria	15-Feb
52.81	Nanette Stapelberg	CN		1	Germiston	25-Feb
47.97	Stefanie Greyling			5	Pretoria	4-May
52.50	Magdaleen Louw	EP		1	Port Elizabeth	13-Mar
52.02	Karen le Roux	BOL		2	Germiston	25-Feb
49.40	Marilize Coetzee	WP		3	Germiston	25-Feb
48.70	Amy Botes	EP	u/20	1	Germiston	30-Mar
48.41	Simone Viviers	EP		3	Germiston	31-Mar
46.73	Marne Minnaar	CNW	u/20	2	Germiston	30-Mar
46.68	Tanya Treurnicht	CG		1	Germiston	17-Mar
46.30	Ronique Wepener	CNW		6	Germiston	25-Feb

Javelin

					OQ 61.00/59.00		
67.95	Sunette Viljoen	CNW		2	Rome	31-May	OQ A
61.84	Viljoen	CNW		5	Ostrava	25-May	
61.41	Viljoen	CNW		1	Potchefstroom	17-Mar	
61.15	Viljoen	CNW		1	Port Elizabeth	14-Apr	
60.79	Viljoen	CNW		1	University of Johannesburg	27-Apr	
55.37	Gerlize de Klerk	CN	230389	1	ABSA Tuks Pretoria	20-Apr	
53.76	Justine Robbeson	CNW		2	ABSA Tuks Pretoria	20-Apr	
51.98	Gezelle Bernard	CNW		1	Germiston	31-Mar	
50.51	Anzell van der Schyff	GN		4	University of Johannesburg	27-Apr	
49.82	Anje Claassen	CNW		4	Port Elizabeth	14-Apr	
47.44	Marina Griebenauw	BOL		1	Paarl	3-Mar	
47.30	Allanah Crafford	CG		1	Germiston	18-Feb	

46.84		Liezel de Swardt	NWN	090392	5	Potchefstroom	17-Mar
46.67		Michaela de Wit	CNW		2	Potchefstroom	5-Mar
46.52		Janika Kotze	CNW		1	Potchefstroom	17-Mar

3km Walk

14:35.18		Susan Swanepoel	GN		1	ABSA Tuks Pretoria	25-Feb
15:00.30		Michelle Hopkins	CG		1	Germiston	25-Feb
15:46.39		Corli Swart	CN		1	Potchefstroom	20-Feb
15:59.51		Inge Kotze	CN		2	Potchefstroom	20-Feb
16:03.70		Rose Shabalala			2	Germiston	25-Feb
16:41.62		Hanri van Heerder	CN		3	Potchefstroom	20-Feb
16:57.20		Udelle de Winnaar	CG		4	Germiston	18-Feb
17:04.00	h	Melissa Meyer		u20	1	ABSA Tuks Pretoria	15-Feb
18:26.60		Juane Wild	GN		2	ABSA Tuks Pretoria	4-Feb
18:37.92		Melanie Moen	GN		1	ABSA Tuks Pretoria	21-Jan
18:38.60	h	Maxine Klinkenberg		u16	1	ABSA Tuks Pretoria	15-Feb

5km Walk

26:07.81		Anel Oosthuizen	WC	u/18	1	Germiston	30-Mar
26:08.24		Chanice Klink	BOL	u/18	2	Germiston	30-Mar
26:37.87		Jessica van Wyk	CNW		1	Potchefstroom	5-Mar
26:39.90		Lesley van Buuren	CGA		1	Bellville	17-Mar
27:54.06		Crysha van Wyk	FS	u/18	3	Germiston	30-Mar
27:55.12		Phelokazi Gcolotela	CG	u/18	4	Germiston	30-Mar
28:01.87		Suzaan Liebenberg	CNW		2	Potchefstroom	24-Mar
28:03.19		Michelle Hopkins	CG		3	Potchefstroom	24-Mar
28:14.39		Udelle de Winnaar	GAU	u/18	5	Germiston	24-Mar
28:21.49		Chandri van Heerden	CNW		3	Potchefstroom	5-Mar
28:23.73		Tertia Smit	FS	u/18	6	Germiston	30-Mar

10km Walk

54:56.00		Lesley van Buuren	CGA		1	Bellville	17-Mar
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54:58.75	Susan Swanepoel	GN	1	ABSA Tuks Pretoria	16-Mar
56:19.30	Rose Shabalala	CG	1	Germiston	31-Mar
56:33.06	Michelle Hopkins	CG	2	Pretoria	4-May
59:52.70	Melissa Meyer	WC	2	Germiston	29-Mar

20km Walk

1:47:39	Jessica van Wyk	CNW	1	Port Elizabeth	14-Apr
1:47:39	Michelle Hopkins	CG	1	University of Johannesburg	27-Apr
1:48:36	Suzaan Liebenberg	CNW	2	University of Johannesburg	27-Apr
1:49:32	Jessica van Wyk	CNW	3	University of Johannesburg	27-Apr
1:53:17	Corli Swart	CNW	4	Port Elizabeth	14-Apr
1:55:43	Chandri van Heerden	CNW	5	Port Elizabeth	14-Apr
1:55:45	Laura-Lee Koekemoer	CNW	6	Port Elizabeth	14-Apr
1:58:08	Inge Kotze	CNW	7	Port Elizabeth	14-Apr
2:05:57	Rose Shabalala	CG	8	Port Elizabeth	14-Apr
2:09:03	Celeste Scheepers	GN	1	Bellville	17-Mar

end

OQ 1:33:30/1:38:00

